

Dakota Conference of Seventh-day Adventists

*Dakota Dispatch*  
Sharing the unchanging love of Jesus in a changing world.



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## Head Strong, 8 Ways to Reduce Your Risk of Alzheimer's Part 5

### Can toxic thinking make you sick?



Herbert Benson, M.D., the president of Harvard Medical School's Mind-Body Institute, maintains that toxic thoughts lead to stress, which affects the body's natural healing capacities. Toxic thinking literally "wears down" the brain and the rest of the body.

Neuroscientist Caroline Leaf, Ph.D., author of [Switch on Your Brain: The Key to Peak Happiness, Thinking, and Health](#), says that the average person has over 30,000 thoughts each day. When we have "toxic" thoughts - fear and negativity instead of forgiveness, peace, and love - those negative thoughts trigger more than 1,400 physical and chemical responses and more than 30 different hormones.

"Research is showing direct links between negative toxic thinking and neurological diseases like Alzheimer's and dementia and Parkinson's," writes Leaf. "Medical research increasingly points to the fact that thinking and consciously controlling your thought life is one of the best ways, if not the best way, of detoxing your brain. What we think about affects us physically and emotionally." And what we think directs our lifestyle choices - choices such as whether or not we'll binge on sugary treats or exercise regularly.



## Students Are Inducted in Nation Honor Society

Fall is a beautiful time of year with its brisk mornings and beautiful colors. For Dakota Adventist Academy it is a time to see who the young leaders are in our institution. At a boarding school, students spend a lot of time together, resulting in many opportunities to exercise leadership abilities. National Honor Society, Bismarck Student Chamber, Sabbath School teachers, Praise Team, Student Association are just a few of the choices students have for leadership roles.

This year two new members were inducted into the National Honor Society. Jessica Winistorfer and Wesley Kayser joined Jadyn Anderson, Jaelyn Pickett, Sierra Schlenker, and Savannah Ulery in NHS.

Students, who don't necessarily think of themselves as leaders, find a role where they are comfortable in taking the lead. For some of them, it may be as simple as heading up a class project with one or two other students. Other students find their leadership success in helping a fellow student learn how to change oil in a vehicle. Some find that music is their strength. God has blessed DAA's students with a wide variety of leadership options.

Adventist Education's main mission is to prepare youth for a future of service to God and others. Each leadership role helps them to that end; growing more confident in the abilities God has given them.

Article by Tracy Peterson

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## Encounter Bible Program Teaches Participation



The nine students at the Brentwood Adventist Christian School love the new Encounter Bible program and look forward to class everyday. The program allows students to take an active roll in their faith and learning experiences. The year began with Creation and the great love the Creator has for each of us. Students are learning to be thinkers and that is reflected in the way they speak and interact with one another.

Along with the Bible program, students are participating in two half-day community service projects per month. Some of those projects include helping with Brentwood's rummage sale, canned goods collecting in our local neighborhood, local community cleanup, and Christmas caroling while passing out cookies during the Christmas holidays. During the winter months, they are planning to go to nursing and retirement homes to sing and visit with residents and also to work in a local soup kitchen.

This year the students are actively involved in sharing their mission statement of being thinkers, knowing and loving Jesus, and sharing that love for Jesus with others as they serve the community in a variety of ways. Brentwood Adventist Christian School wants to become a school that is known in the area for having wonderful students and for helping others.

Article & photos by Debra Eszler



## Grand Forks Church's Junior Class Lock-in

The junior Sabbath school class held its annual lock-in at the Grand Forks Church on October 6 and 7. This event was started four years ago, to foster class camaraderie and provide a lasting memory for students moving to the youth (teen) class.



This year's lock-in began around 5PM with an escape room, set up in the church foyer. "Journey to the Promised Land" led the juniors through multiple puzzles and activities, all ending with unlocking and entering the fellowship hall to eat supper. To find their way through the escape room juniors partook of Passover, crossed the Red Sea, used the pillar of fire to reveal a secret code, gathered manna, received The Ten Commandments, opened secret compartments in The Ark of the Covenant, became the twelve spies, crossed the Jordan River, located the red cord hanging from Rahab's window, and discovered a secret code hidden within the walls of Jericho. Those puzzles and activities required the juniors to use teamwork, patience, and cooperation.

Following supper, the class's favorite game called Grog was played after which Flashlight Tag continued the "lights-out" theme. Popcorn and a movie rounded out the night, and everyone was in their rooms by 1AM . . . whether on their own, or dragged down the hall on a gymnastics mat because they'd already fallen asleep.



Breakfast in the morning was followed by an impromptu football game on the church lawn. Parents arrived around 11AM to ferry their children home, and this exhausted leader went to her own home, to rest up for next year's lock-in.



# Dakota Campmeeting 2019

June 12 - 15, 2019  
Constituency June 16, 2019

Dr Terry Johnsson  
Adventist Health



Dr John Reeve  
Andrews University



Dr David Thomas  
Walla Walla University



Ms Carol Turk  
Hospital Chaplain



## Women of Spirit II Event Held

Fifty women attended the second *Women of Spirit* event at the Bowman Adventist Church in Bowman, ND, Monday, October 15, 2018. It was a special time for ladies to meet and have fellowship together. A delicious Mexican meal was served, prepared by a friend who once owned a Mexican restaurant. Marian Kelch had a devotion followed by a presentation from 'Abel'. The evening concluded with a style show from the local thrift store.

"It was a very blessed evening," says Linda Mae Johnson, a member of the Bowman church.



## Women's Retreat Touches Guest

Nestled in the prairie and slightly rolling hills of Northeastern South Dakota, women of God gathered for the 30<sup>th</sup> Annual Dakota Conference Women's Retreat at the beautiful Abbey of the Hills Inn and Retreat Center in Marvin, SD.

The weekend started with an optional early bird session with Fallout Shelter Ministries. Rich and Beret Ohm led us through ways to be aware of the dangers that surround us. We were shown how to defend ourselves in case of a personal attack.



Joy Fehr was the featured speaker for the event. Fehr is provost at La Sierra University and holds a PhD in English Regional Literature that she earned at the University of Calgary in 2005. Her Master of Arts degree in English focused on Victorian Literature. She led the group through various aspects of grace in her life, inspiring all to look at the same in their own lives. The theme focused on *Amazing Grace*.

Beautiful music, Joy's message and breakout sessions were available to attend on Sabbath. This was followed by a delicious dinner, message and fellowship time. After sundown, the ABC and Abbey gift shop were opened. Others enjoyed table games.

There was personal time Sunday morning to study the life of Abigail, then a final message from Joy and farewells. An offering was gathered throughout the weekend to assist pastors' wives with funds to attend future retreats.

The Holy Spirit touched all, but one woman in particular. She was the manager on duty who checked ladies in and gave them Abbey-grounds instructions. She was moved to tears with the opening music. When she first greeted everyone at the opening session, she was weeping. "I visited her on and off through the weekend and discovered we had a common love, walking in nature," says Paulette

Bullinger. "Sunday morning, she asked to walk with me around another path I had asked about earlier in the weekend. We talked of the Sabbath and after the walk; I was able to give her a short study on the Sabbath, using the Bible. I know that others saw her interest and gave her [Steps to Christ](#) and invited her to visit their church. This incident made me realize, that our actions and love for others at retreats are not merely because we are nice Christian women, but we are there for a purpose and that is to show God's amazing grace to all who live, work, eat and maintain these places." Bullinger said, "This was one of two Sabbath studies I gave that weekend. The first was to my daughter-in-law who attended with me. She is a beautiful Christian woman, but just is learning about the Sabbath. One thing I remembered from my introduction to the Sabbath is to use a gentle and understanding approach. If one has not grown up a Sabbath keeper, this is all very foreign to them. Please keep both of these women in your prayers."



Next year's retreat will be October 25-27, 2019 at the Baymont Inn and Suites, Mandan, ND. Linda Shelton will be the speaker.

## Labels Make Cents Program Offered

Atlantic Natural Foods (ANF) is pleased to offer your church an exciting opportunity to earn money while enjoying great tasting Loma Linda,

Worthington and Caroline's **canned** food products.  
Receiving your "Labels Make Cents" money is easy!

1. Cut and collect the UPC codes from any size can of the Atlantic Natural Foods brands listed above.
2. Bring these UPC codes to your local church.
3. Once each Quarter, the local church completes the "Labels Make Cents" Redemption Form and submits the completed form to their Conference. If your Conference does not participate, you can submit the "Labels Make Cents" Redemption Form directly to Atlantic Natural Foods. There is a \$100.00 minimum in UPC codes needed to submit the form for reimbursement to Atlantic Natural Foods.
4. The Conference or your church will complete the "Labels Make Cents" Redemption Form and e-mail to [Sales@atlanticnaturalfoods.com](mailto:Sales@atlanticnaturalfoods.com) or send directly to: **Sales Support, Atlantic Natural Foods, 110 Industry Court, Nashville NC 27856.**
5. Atlantic Natural Foods will issue a check to the Conference or your church for \$0.25 per label.
6. If your redemption form is submitted to your Conference, the Conference will issue a check or credit to each participating church for the number of labels turned in during this time period.

#### **GUIDELINES:**

- All eligible UPC's must begin with 45561 or 28989.
- All eligible UPC's submitted will be reimbursed at \$0.25 per UPC.
- All reimbursements should be submitted at the conference level if possible.
- UPC/label reports should be submitted quarterly.
- Completed "Labels Make Cents" Redemption Forms are to be submitted to your local church conference or, if your conference does not participate, directly to Atlantic Natural Foods. You can e-mail the redemption report to [Sales@atlanticnaturalfoods.com](mailto:Sales@atlanticnaturalfoods.com) or send to: **Sales Support, Atlantic Natural Foods, 110 Industry Court, PO BOX 985, Nashville, NC 27856.**

Revised 12/2017

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# REDEMPTION FORM



Church/Conference/School Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Please provide the following information for the individual filling out the form: *please print*

Name: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

## AGREEMENT

A total of \_\_\_\_\_ UPC/Labels from the canned Loma Linda products have been collected, counted, and verified, total reported on this form, and the UPC/Labels destroyed.

**No UPC/Labels from any frozen foods have been included in the total as those are not eligible for \$0.25 from this food company.**

A total of \$ \_\_\_\_\_ (\$0.25 for each UPC/Label) should be collected from Atlantic Natural Foods.

Signature of person filling out form: X \_\_\_\_\_ Date: \_\_\_\_\_

## GUIDELINES

- Only UPC/Labels from the eligible products named above can be reported on this form.
- Eligible UPC/Labels begin with 45561.
- There is a \$100 minimum in UPC codes needed to submit the form for reimbursement. Forms submitted below this amount will not be accepted.
- All eligible UPC/Labels reported will be reimbursed at \$0.25 each.
- Please submit a W-9 with this form if this is your first time receiving payment directly.
- Payment will be made to the organization submitting the label redemption form.
- Funds received will remain with the submitting organization to be used for worthy project chose.
- Email the form to: [sales@atlanticnaturalfoods.com](mailto:sales@atlanticnaturalfoods.com) or mail to the address below:  
Atlantic Natural Foods  
ATTN: Labels Make Cents  
110 Industry Court, Nashville, NC 27804



(800)-843-0804 • [sales@atlanticnaturalfoods.com](mailto:sales@atlanticnaturalfoods.com) • [atlanticnaturalfoods.com](http://atlanticnaturalfoods.com)





# NOVEMBER

	<u>Ct</u>	<u>Wt</u>	<u>Retail</u> <u>Case</u>	<u>Retail</u> <u>Single</u>	<u>Special</u> <u>Case</u>	<u>Special</u> <u>Single</u>
<b>CANNED:</b>						
H Vegeburger	6	19 oz	\$31.69	\$5.84	\$29.44	\$5.51
CL Chops	6	19 oz	31.41	5.84	\$29.46	\$5.51
LL Big Franks	12	20 oz	71.73	6.58	\$66.08	\$6.36
LL Chili	12	20 oz	51.23	4.70	\$46.38	\$4.38
LL Choplets	12	20 oz	71.73	6.58	\$66.08	\$6.36
LL Linketts	12	20 oz	71.73	6.58	\$68.08	\$6.36
LL Little Links	12	19 oz	71.73	6.58	\$66.88	\$6.36
LL Redi Burger	12	19 oz	71.73	6.58	\$66.88	\$6.36
LL Tender Bits	12	19 oz	71.73	6.58	\$66.88	\$6.36
LL Vegetable Steaks	12	20 oz	71.73	6.58	\$66.63	\$6.36
<b>Frozen:</b>						
Dinner Roast	6	2 lb	87.19	16.06	\$81.19	\$14.99
Chicketts	12	1 lb	87.09	8.02	\$82.09	\$7.75
Steaklet	8	10 oz	32.06	4.43	\$29.56	\$4.28
Chicken Roll	4	4 lb	108.61	30.01	\$101.61	\$28.60
Corned Beef Roll	4	4 lb	108.61	30.01	\$101.61	\$28.60
Ham Roll	4	4 lb	108.61	30.01	\$101.61	\$28.60
Salami Roll	4	4 lb	108.61	30.01	\$101.61	\$28.60
Smoked Turkey Roll	4	4 lb	108.61	30.01	\$101.61	\$28.60

sale dates: November 1-30, 2018 - quantities may be limited



- Tuesday, 3:00pm - 5:30pm
- Wednesday, 3:00pm - 5:30pm
- Thursday, 3:00pm - 5:30pm
- Closed Sunday

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## South Dakota Regionals

Southwest Regional - Rapid City, SD - November 10, 2018

Southeast Regional - Sioux Falls, SD - November 17, 2018

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### November 1 Dispatch Photo



Photo taken by Paulette Bullinger at the Abbey of the Hills, Marvin, SD.

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Dispatch Mission: To build a climate of encouragement and blessing through the sharing of witnessing and evangelism activities. If you have news to share or would like to be added to the **Dakota Dispatch** mailing list, please email Jacquie Biloff at [jbiloff@icloud.com](mailto:jbiloff@icloud.com). ©2018

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